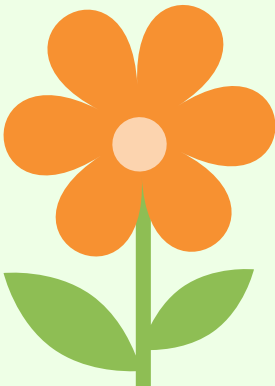
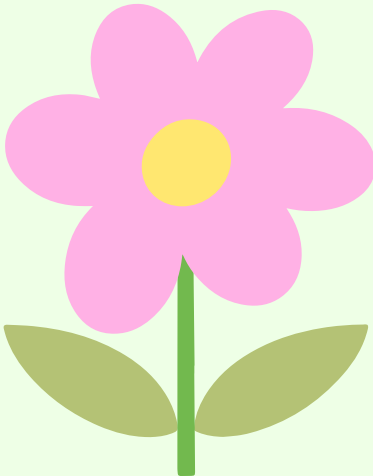
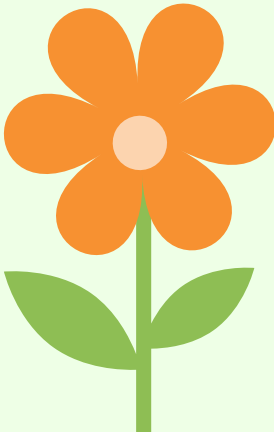
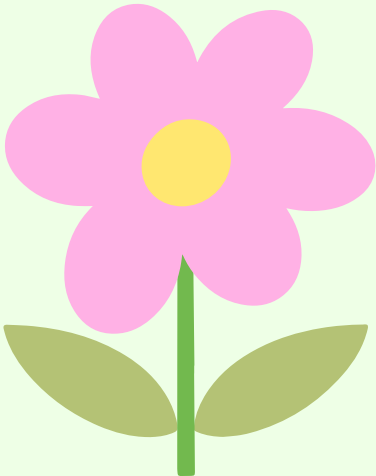


East Haddam Parks & Recreation

Spring Newsletter 2024



To register for East Haddam Parks and Recreation programs online...

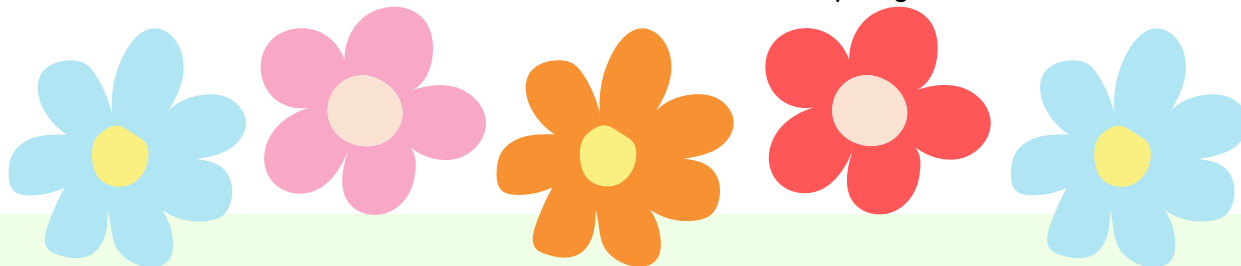
Step 1: Go to www.easthaddamrec.com and click on the tab to register.

Step 2: If you do not have an account yet, please create one. Fill in your information and add each family member as a participant.

Step 3: Register for available programs and pay with credit card.

Please note:

- Programs are filled on a first come, first serve basis
- All programs require advance registration unless noted
- Please note deadlines for registrations, as materials, jerseys, etc. need to be purchased ahead of time. In addition, time for team placement and other planning details must be allowed for
- Registration may be completed online or in person at the Parks & Rec office
- Late charges may be applied to registrations submitted after the deadline
- No refund will be issued after the program starts



Commissioners

Margy Roberts

Chick Grillo

Jamie Kehlenbach

Patrick Laffan

Barbara Free

Fern Tremblay

Travis Goodie

Barry Thiele



Photo courtesy of Alexandra Hatch



Photo Courtesy of Alexandra Hatch

Staff

Lisa Conroy

Director

Cathy Tozier

Assistant Director

Isabella Laban

Student Assistant

Spring 2024 Youth Soccer Pre-K (Age 4) – Grade 4

April 27 – June 8 (No May 25)

Pre-k – K

Soccer Saturdays with CAS coaches

Times: 2:00 – 2:55pm

Cost: \$70

Grades 1-4

Saturdays with CAS Coaches:

Grades 1-2: 3:00–3:55pm

Grades 3-4: 4:00-4:55pm

and

Tuesdays:

April 30 – June 4

5:30 pm – 6:30pm: Traditional Games

Cost: \$85

Indoor Youth Soccer Grades K-1 & 2-3

Tuesdays, March 5 – April 2

Time:

K-1: 3:15-4:15pm (full)

2-3: 4:30-5:30pm

Place: East Haddam Elementary
School Gym

Cost: \$60 for session

Spring Into Stem Grades K-3

Spring into STEM with LEGO Materials. Celebrate the coming Spring with tens of thousands of LEGO parts. Build chirping birds, design blossoming flowers, and take a ride on a paddle boat.

Wednesdays, April 24 – May 29

3:15-4:45pm

(May 15: EARLY DISMISSAL)

1:15-2:45pm

Dreamy Art with Abrakadoodle: Grades K-3 (Full)

Soar through the night sky with fantastical creatures! Add bursts of light to your art as you explore the phases of the moon/ constellations. Explore Native American legends about dream catchers!

Thursdays, March 21 – May 2

(No April 11th)

Times: 3:15-4:15pm

Mad Science: Energy, Forces, Flight

Grades 1-3

Students explore inertia, gravity, and centripetal force in this exciting after-school series! They will learn about tension and compression as we experiment to see what the strongest shapes are. Children will also learn humans aren't the only ones who build things—robots can too...once we build them! They will also learn through play about potential and kinetic energy!

Mad Science at East Haddam Elementary school

6 Weeks: Mondays
Dates: April 15 – May 20
Times: 3:20 – 4:20pm
Cost: \$138

When I'm In Charge

***Must be at least 9 years old**

Participants will learn the safe way to stay home alone. Topics include internet safety, sibling care, and basic emergency care.

Tuesday, May 7
Time:
5:15 – 6:30pm

Skyhawks Track & Field

Grades 4 - 8

Our exercises and drills will prepare athletes for a future in cross-country, track and field events, distance running, while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered in this unique program.

Tuesdays, April 16 – May 28
(NO May 7)

5:00 – 6:39pm

Nathan Hale Ray High School Track
Cost: \$99

Basketball: Fundamentals with Coach Lombardo

Grades 6-8

Clinic will focus on ball handling and shooting.

Tuesdays, March 5 - 26

AND

Thursdays, March 7 - 28

2:15 - 3:30pm

Nathan Hale-Ray Middle School Gym

*March 14, 12:15 - 1:30pm (early dismissal)

*March 21, Municipal gym. Transfer bus provided

Cost: \$120 for all 8 days

Home School Family Open Gym

Open gym offers a safe place for homeschool families to get together, burn off some energy, and have fun! Bring your families and sports/ game equipment to the Municipal Gym. Parks & Rec equipment is available upon request.

Tuesdays, March 5 - 26

10:30 - 11:30am

FREE OF CHARGE

Municipal Gym

American Red Cross: CPR Ages 11 - 16

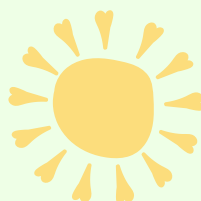
For Babysitters!

This class will certify babysitters in Infant and Child CPR. Must have completed our Babysitting Class.

Tuesdays, 3/26 - 4/2

5:00 - 6:30pm

Cost: \$76



Adult Programs

Pickleball: Private Group Lessons Led by Certified IPTPA Instructor

Important Note: All private lessons can be scheduled on a Wednesday or Thursday that works best for you. Please disregard the date shown on the registration site.

In these lessons, you will have an introduction to pickleball, improve upon your pickleball skills, conduct pickleball drills, and learn how to play safely.

1.5 hour lesson for up to 4 participants

Cost: \$20 for whole group

For more details and to register visit www.easthaddamrec.com

Advanced Beginner Pickleball Clinic Led by Certified IPTPA Instructor

This clinic is for players with basic knowledge of pickleball rules, skills, and strategies. Participants will engage in warm-up activities, review proper footwork to maintain balance, positioning for shots, and many other injury prevention tips in this clinic. We will work to correct mechanics and will drill to improve all basics for longer rallies and more fun. Participants need proper footwear, comfy clothes, water bottles, and safety eyewear is recommended.

Wednesdays

March 6, 13, 20, 27 12:30-2:30 pm

Cost: \$40 for entire 4-day clinic (8 hours of instruction)

Municipal Gym (1 Plains Road, Moodus)



Pickleball Open Play

Beginner

Monday: 12:30 - 2:30pm

Wednesday: 4:30 - 6:30pm

Thursday: 9:30 - 11:30am

Sunday: 3:00 - 5:00pm

Intermediate

Monday: 9:30 - 11:30am

Wednesday: 9:30 - 11:30 am. & 6:30 - 8:30pm

Friday: 9:30 - 11:30am

Sunday: 5:15 - 7:15pm

Advanced 3.5+

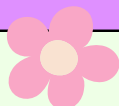
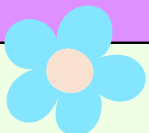
Thursday: 1:30 - 3:30pm

ALL participants must register online for Wednesday evenings and Sunday sessions. NO drop-ins. Registration for residents opens Monday, February 26th at 9:00am. Registration for non-residents opens Wednesday, February 28th at 9:00am.

Drop-In: \$8

Pickleball Card: \$60

Online: \$24 for full session



16+ Yoga Programs

In-Person Gentle Yoga

This class is appropriate for all levels of fitness or yoga experience.

Sundays

February 25 - April 7 (NO
March 31)

Time: 6:30 - 7:30pm

Location: Senior Center

Cost: \$60 for 6-week session
Drop-in: \$15

Gentle Yoga: In-Person & Via Facebook Live

This class is appropriate for all levels of fitness or yoga experience.

Wednesdays

February 21 - March 27

Municipal Building

Time: 6:30 - 7:30pm

Cost: \$60 for 6-week session
Drop-in: \$15

COED 18+ Pick-Up Basketball

Mondays: 6:30 - 8:30pm

AND

Thursday: 7:00 - 9:00pm

Cost: \$32 for full March session
Drop-in: \$5

COED 35+ Pick-Up Basketball

Sundays,
10:00am - 12:00pm

Cost: \$16 for full March session
OR
Drop-in: \$5

Please register at
www.easthaddarec.com

Boot Camp Fitness

Boot Camp Fitness offers custom small group training sessions led by a certified personal trainer. This includes a 60-minute workout with a 15-minute stretch.

Tuesdays, 6:00 - 7:15pm, Old Town Hall

AND/OR

Thursdays, 5:45 - 7:00pm, Municipal gym

Cost:

1x/ week: \$64

2x/ week: \$96

Drop-in: \$10

16+ Co-ed Volleyball

Tuesdays,

Time: 6:30 - 8:30pm

Location: Municipal Building

Cost: \$16 for full March session

Drop-in: \$5

18+ Open Gym

Indoor Soccer

Mondays,

Time: 5:00 - 6:30pm

Cost: \$16 for full March session

Drop-in: \$5

Summer Camp 2024: Preview (Registration opens April 1)

Noises Sports Academy

June 17-21 (Volleyball, Baseball, and Softball) AND June 24-28 (Cheerleading, Basketball, Cross-Country): Grades 1-9 (varies by sport) Dates are pending school snow dates

Pokémon Engineering using LEGO Materials

July 1-3. Grades K-5

Abrakadoodle Kick, Catch, and Splash Art Camp

July 1-3, Ages 6-10

Summer Day Camp

July 8 – August 16. Grades 1-8

Skyhawks Mini-Hawk and Multi-Sport Tots

Wednesday evenings, July 15 – August 19, ages 2-7

Skyhawks Beginning Golf

July 15-19, Ages 5-9

Skyhawks Tennis camp

July 22 – 26, Ages 7-12

Abrakadoodle Mini Doodlers Let's Go Camping

July 29 – August 2, Ages 3-5

Abrakadoodle World Travel and Extreme STEM Art Camp

August 5 – 9, Ages 6-10

CAS Soccer Camp

August 19 -23. Ages 4-14

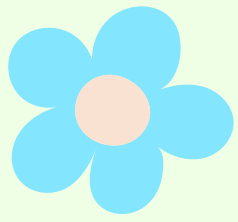
Transportation Engineering using LEGO Materials

August 19 – 23, Grades K-2

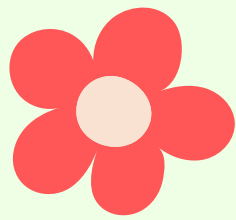
MARVELous Engineering Using LEGO Materials

August 19 – 23, Grades 3-5





Thank you



So much we do would be impossible without the help of many!

- Thank you, Shagbark Lumber, for your continued sponsorship of our youth sports programs.
- Thank you to everyone who helped with Project Jingles! Gianna, Susanna, Bethany, Nicole, Abby, Maggie, Izzy, Abby, Sadie, Joe Sina, Janice Sina, Rob Mirer, Aberta Mirer, Nancy Getsen, Sham Sprenger, and Cora Blancato.
- Thank you to all our youth basketball coaches for their enthusiasm, time, commitment, and patience! Christian Thomas, Arron McLaughlin, Jessica Salazar, Michael Hvizdo, Min Cacho, Reid Parady, Steven Sands, Bryan Morganti, and Sean Morrissey. Thank you to our amazing staff for a great season...Melissa Yatsenick, Steve Freedman, Chick Grillo, Matthew Conroy, Hunter Rafala, Aiden Brown, Julia Campbell, Alynna Karpiej, and Antonio Dadario.
- Thank you to Abby Cole and Charlene Luka Senrias for your donation to the East Haddam Dog Park in memory of Juan Espinosa.
- Thank you to Liz Praskievicz, Maureen Gillis, Jacqueline Roberts, and Jordan Ziobron for your generous donations to our Lukas Breton Scholarship Fund!

